UNITY DAILY WORD

A Page of Sunshine for Every Day

Revealing the way to

HEALTH, HAPPINESS *and* PLENTY

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December, 1936

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AFFIRMATIONS USED BY

SOCIETY OF SILENT UNITY

November 20 to December 19

I daily praise the Spirit of light for my ever-increasing wisdom.

I daily praise the Spirit of health for restoring me to wholeness of mind and body.

My perpetual praise is poured out to the God of plenty, and I am grateful for prosperity.

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UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

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F. B. WHITNEY, *Editor*

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THE GREAT OVERCOMING

Part of the message of Jesus was to reveal to His hearers that which lies for all of us beyond the realm of birth and death: the overcoming of death in eternal life.—**Ernest C. Wilson: Have We Lived Before?**

THE POINTING STAR

ELIZABETH ROSS

O blessed day that stirs the heart
To draw from seeming things apart
And follow after Christ, the star
That points unto the things that are:
The things of Spirit, God, the good
That dull the glow of humanhood,
The star that leads the eye to see
The true, the false, with clarity.
O power, O star that prompts the soul
To climb on toward the heavenly goal,
That stills the heart to self-will's din
And bids the Christ thought enter in!
The newborn thought, first consciousness
Of Truth, I AM, and Godlikeness,
O wondrous power! O holy star
That points unto the things that are!

YOUR FREEDOM IS INEVITABLE

YOU who are bound this moment by self-hypnosis of fear, you who are limited by this and that negative thought, hearken to this message of Truth: Your freedom is inevitable. You cannot forever hold to thoughts in opposition to Truth. You must yield. Something within you compels you to accept freedom. Your freedom is inevitable.

There is that within you which calls to you to progress, to go forward and upward, to emerge out of bondage into freedom, to accept the inevitable decree of your mastery and victory.

The very Spirit of God within you challenges you at this moment. You are being convinced that God in you is mightier than the fear and bondage of your self-hypnosis. You are being inspired to rise out of adverse mental states into the freedom that is rightfully yours as a son of God. You are at this very moment being quickened to drop from mind those beliefs which hold you in bondage. Your freedom is inevitable. It is the most certain thing in your life, since it is based upon God, the substance and foundation of your very existence.

Your freedom from disease is sure! You need but drop disease from your mind and accept freedom and health. Your freedom from failure and lack is certain! You need only emerge out of the consciousness of limitation into the consciousness of

freedom, plenty, and success.

Your freedom dates from this very moment if at this moment you perceive the truth of your freedom, your release from bondage. No person in all the world is responsible for your bondage; consequently none will be responsible for your freedom. You yourself decide the time of your freedom. Simply bear in mind that your freedom is inevitable.

The puny grasp of the human will cannot hold on forever to a negative thought. It must give up its negative thinking. It must accept Truth. The coming of Truth to mind is inevitable. Most characteristic of Truth is the sureness of its results. For this reason your freedom cannot long be delayed. It is inevitable. When you pray in Truth, the answer is certain and definite. When you are in bondage, your next step must be toward freedom.

Do you grasp the doctrine of inevitability? Do you not see that regardless of the negative condition you may find yourself in at this moment you must progress into freedom? Your freedom is inescapable. You cannot lose God. You can but temporarily lose sight of Him and lapse into bondage, only to find Him again with a clearer realization of your freedom. Your deliverance is ever at hand. You strike off your own shackles through your knowledge that in Truth there are no shackles.

When your freedom has come, you will see how you have blinded yourself to its truth. You are not compelled at this moment to accept Truth and freedom, but eventually you must do so. The reason for this is that any false belief is sure to betray itself and its own weakness. The purpose of prayer is to reveal to the person who prays the reality of what he seeks, be it freedom or some other blessing, and to reveal to him the nothingness of his lack or bondage.

The student of Truth progresses. If he experiences negative beliefs and bondage, he is to realize that he goes on to Truth and freedom by overcoming. He studies Truth for the purpose of sharing in the deliverance and victory of God and Truth.

The character of your bondage does not make your freedom less certain. Your freedom is sure. That in you which is divine and of God vouchsafes to you certain victory and freedom. Nothing in all the external world can keep in bondage that in you which is the freedom of God. Neither person nor thing can prevail against your inevitable freedom.

You are this day to go forth knowing that your mental grasp upon bondage has been released through Truth. You are to go forward and upward in spiritual consciousness, witnessing the freedom of a man perfect in Truth, for such you are.

A VISION IN SNOW

A Poem in Prose

By BETH DODDS HINDS

A blessed vision came to me! I know it shall endure to linger in my memory and make my footsteps sure. First I beheld a field of snow with ne'er a footprint there, and then a wood where pine trees grow to spice and scent the air. In silent awe I paused a while to see the still white space that stretched beyond for mile on mile as far as eye could trace.

While in my heart there came a thrill for beauty God had made, my soul with rapture seemed to fill there in the forest glade. I thought its loveliness complete until a ray so bright made earth and heaven seem to meet and filled the snow with light. And as I looked each crystal flake began to burn and glow: Oh, what a world our God can make with light, a tree, and snow!

Before me, lovely, calm, and white, where ne'er my foot has pressed my future lies, and by His might I seek and I am blessed. His wond'rous strength so poised and sure recalls the pine trees tall; within His love I am secure whatever may befall. A deep peace comes as I behold the life He has made mine. I give myself to Him to mold this life in Truth divine.

A joyous world our God has made where we may live and grow; to guide us safely through the glade He sent His Son to glow. Then each part of our life is bright with joy from His dear face; our loving hearts reflect His light to brighten each dark place. Give thanks to God, who sent His Son to light the way to Him: His Christmas gift to every one no century can dim. He gave us all that we will take unstinted and unpriced. Oh! what a world our God can make with man, His love, and Christ.

CHRIST IS EVER WITH YOU

Where'er you go, whate'er you do,
The Presence is attending you;
The Christ within and roundabout
Is casting sin and evil out;
Is making place for what is true
That good may e'er abide in you;
Declares that Truth be understood
That you may know but Truth and good.
So Christ is ever near at hand
If you but see and understand;
His presence bright attends you now
And answers every prayer somehow.

BENEDICTION

LET every experience in your life be a benediction. Even though what occurs may seem at the time to have only adversity in it, it must yield its good to you if you expect a benediction from it. Even the most forbidding flower yields its quota of honey to the bee that goes to it for honey.

Life presents experiences of various kinds to us. The experiences of themselves are as nothing, but our reactions to them mean a great deal. Our reactions decide for us whether they will be a curse or a blessing, and whether they will overcome us with adversity or we shall gain the mastery from them. The benediction, we see, comes from our reaction and not from the thing itself. One person reacts to an experience in such a way that he gives it power to overwhelm him with despair; another reacts so as to bring himself a blessing and a benediction from an experience that would seem to offer naught but misfortune.

Just as there are those who seem to live in a world of misfortune, so there are those who live in a world of benediction. The passport to blessings is but the consciousness of blessings. The world of benediction is open to all those who live in the benediction consciousness. They move out of the world of misfortune when they get the high consciousness of blessings.

The person who thinks and talks a great deal about misfortune merely emphasizes and increases misfortune in his life. He connects with misfortune in his outer life through his inner sense of misfortune. He has not learned to make misfortune a steppingstone to something higher. He needs to know how to transmute every experience into a blessing. He must find the way to react to every experience as if it were a blessing if he is to find that it actually becomes a blessing to him in some wise.

If you need a blessing at the present time, if you would experience the benediction of God, cease to think and speak of misfortune and adversity. These negative conditions will no longer be attracted to you when you no longer think and speak of them as a reality and as your own. Cease to possess misfortune and to relate yourself to it by thought or word. Discipline yourself to think of the blessings of God as normally and rightfully yours.

God blesses you day by day. You would never experience aught but a blessing if you kept this mighty truth in mind. When you think contrary to God, when you think in terms of adversity, you close the channels through which your blessings would come to you. When your mind is closed to God's benediction, there can be no benediction for

you. Your mental reaction to life decides for you what life will give to you.

Expect a blessing today. Learn to anticipate the good even as you may have anticipated evil in the past. Know today that the blessing you need and desire will come to you. If you need a blessing of health or prosperity, anticipate it. Above all, cease to expect that which you do not want. Get into the right mental attitude to receive and enjoy God's holy benediction.

God is blessing you at this moment. He is showering His good upon you. When it reaches you, it is fashioned into the blessing that will especially help you at the moment. You need but get into the benediction consciousness in order to be blessed of God. Whoever you are, wherever you are at this moment, turn to God and feel His presence. This will become the actual presence of the blessing you seek.

"Now unto him that is able to guard you from stumbling, and to set you before the presence of his glory without blemish in exceeding joy, to the only God our Saviour, through Jesus Christ our Lord, *be* glory, majesty, dominion and power, before all time, and now, and for evermore." You, without blemish and without sin, will be established in the presence of God for all time when your heart is turned to him for His benediction.

THE EVERYDAY

MARIE HINDELANG FLEMING

So many lovely things are found
  In just the everyday:
The Christ within our fellow men
  We pass upon life's way.

The passing smile, the silent prayer,
  The kindness-prompted act
That changes all life's lineaments
  Makes beauty out of fact.

The gentle word to faltering friend,
  The hand outstretched to raise
And guide uncertain steps aright
  Makes patterns out of days:

Patterns of love-strewn tapestry
  That glisten in the sun:
Some fair design that Christ inspires
  Prompts us to know the One.

TUESDAY, DECEMBER 1

I give up every thought of fear in order to express the courage of my indwelling Spirit.

WHEN YOU seem to be assailed with fear, rid your mind of fearful thoughts by turning to the Spirit of God within you. You will be filled with courage as you meditate upon God. You will lose all sense of fear when your whole thought is given to divine fearlessness. Not a fear thought can enter your mind when it is occupied exclusively with thoughts of courage.

The fearful person becomes so obsessed with his thoughts of fear that he cannot think courage. We can see that his thoughts of fear keep him from becoming courageous. He can exercise courage only when he no longer gives place in mind to thoughts of fear.

Fear is entirely mental. We need not be concerned with persons and things. We need but correct our thought about them. We need to see that we are not disturbed by things of the external world but by our own fear thoughts about them.

God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.—II TIM. 1:7 (A. V.).

WEDNESDAY, DECEMBER 2

The peace of God filling my consciousness overflows into every part of my world.

THINK of the peace of God as being centered within you. Know that as your consciousness of peace increases it extends to every part of your world. Your life and your environment become filled with peace when your consciousness knows only peace. Not an inharmonious thought can abide in your mind or in your world when you know only peace.

The peace of God neutralizes and dissipates every inharmonious thought from your world. Inharmony cannot exist where you are conscious of divine peace. You cannot even think of inharmony when your whole attention is given to God.

Dedicate this day to peace. Realize that in God's world there is only peace. Think of yourself as living here and now in God's world of peace, from which every thought of inharmony is excluded. Realize that your peace is forever established in God and that nothing in all the world can take it from you.

Thou wilt keep him *in perfect peace,* whose *mind* is *stayed* on thee.—ISA. 26:3.

THURSDAY, DECEMBER 3

Through Christ I am patient in every experience in my life.

THE PATIENT person feels that deep down within him he has something that steadies him and makes him patient. He may or may not realize that this is the presence of the Spirit of Christ. However he comes to realize that he has within him something that he can trust in every experience in his life.

If you are inclined to be impatient, you have not found the Spirit of Christ within you. If you allow things of the world about you to disturb you, you may know that you have not discovered that you may turn to Christ and increase in patience.

The patient person has discovered that he has within him that which endures through every trying situation. He has found that his patience will carry him through any circumstance of his life. He has discovered that his trust in Christ and the power of good causes him to endure through any experience that might previously have mastered him. In the presence of His indwelling Spirit he finds patience and strength.

The Lord direct your hearts into the love of God, and into the patience of Christ.—II THESS. 3:5.

FRIDAY, DECEMBER 4

The love of God expressed through me makes me loving in all situations.

IF YOU need more love in your life, turn in thought to God. Keep out of mind every thought that is unloving, unkind, antagonistic. Think of God so often that there is no room left in your mind for an unloving thought.

God is love. Meditating upon God, you will find that you increase in love. You will discover that you cannot be unloving and at the same time have God's love expressed through you. No situation can arise in your life in which you can be defeated if you exercise the power of love with spiritual understanding. Love is magical in its action. It has power to transform chaos into order, to bring peace out of inharmony.

The love of God is unlimited in its scope and action. Do not put any kind of a limitation upon God's love. Let it be expressed through you in full measure. Let every situation arising in your life be but the supremacy of love defeating the claim of adversity. Let love rule your world because God rules it. Let love be uppermost in your mind because you have dedicated it to God.

Walk in love, even as Christ also loved you.—EPH. 5:2.

I have faith in God in the midst of me and in my ability to trust God completely.

DO YOU visualize perfect trust in God? Do you hope to arrive at a state of consciousness in which you trust God in all circumstances? If you believe in God, the good, there will be naught but good in your life. If you trust God at testing time, then God will deliver you completely. Your faith in God will be rewarded by your seeing the action of God taking place.

Those who outpicture disease in the body believe in disease. They lack faith in God as health. They believe that disease is something in their life that has power to master them. They need to increase their faith in God and to realize that faith in Him is but faith in their own abiding health.

If you believe in adversity, you will cause it to appear. If you trust in God, the good, then only good will be evident in your life. Your faith in God assures you that nothing unlike God can appear in your life. Faith in God means that you cease to believe in evil, sin, adversity, fear, disease, and failure. Faith in God is always faith in good.

Your faith should not stand in the wisdom of men, but in the power of God.—I COR. 2:5.

SUNDAY, DECEMBER 6

The way that God opens for me is that which gives me happiness and plenty.

NEVER think that the way of God is the way of deprivation. When you go the way of God you are assured of peace, joy, courage, love, health, and success. Only when you depart from the way of God do you find yourself in the way of inharmony, sorrow, fear, disease, and lack.

If you find that you do not know which way to go, turn to God and let Him reveal His way to you. In higher consciousness find the path wherein are found the blessings of God that you seek. Under no circumstances think that there is some path for you other than the path of God.

The way of God is the way where every conceivable blessing is enjoyed. When we go the way of God, we travel the path that reveals to us the object of our prayer, the fulfillment of all our desires. Nothing is withheld from us when we go the way of God. His blessings are revealed to us on every hand. That which we seek is discovered. Our ideals are made real. We find that His way is but the way to demonstration.

Blessed are they that are perfect in the way.—PSALMS 119:1.

The justice of God now prompts me to be just in all my dealings.

IF YOU are just toward others, you build up a consciousness of justice that will cause others to be just toward you. If you build up a consciousness of injustice, you can expect other persons to be unjust to you in their personal relationships. The consciousness of justice draws to us justice and keeps us from dealing or being dealt with unjustly.

Do you see that your safeguard from injustice is your consciousness of justice? Do you see that the only way justice can appear in your world is by means of your own consciousness? Do you not know that you alone are responsible for the injustice of your own world?

Live today in the realization that the Spirit of God within you ever inspires you to be just. There can be no injustice where God exists. We cannot experience injustice when our whole thought is given to God. Not a thought of injustice can exist in our world when we know that God as justice rules it supremely. Only justice can exist when our whole attention is given to God as justice.

Why even of yourselves judge ye not what is right?
—LUKE 12:57.

God as the law of good now rules my world.

DO YOU sometimes think that there are laws of adversity operating in your life? You will find relief in realizing that in Truth there is only God, only the law of good. Since God has no rival in Truth, He has as law no competitor. In His Truth there can be no law of evil or adversity. God rules His world as the law of good.

If you think of many laws—opposing laws—existing in your world, you will come to think of many gods. You need to meditate upon the omnipotence of God. You need to realize that in Truth there can be only the law of good, forever operating in your life as the source of good.

To think that you are under some law of evil and misfortune is to cause such a law to operate in your life. In doing this you produce a strange phenomenon. Your belief in a law opposed to the law of good causes this "law" to appear to operate as if it were a law until you come to the realization that in Truth there is only the law of good.

God as law is operating in your life to bring into manifestation the good that you desire.

Thy law is truth.—PSALMS 119:142.

God's omnipresence is now revealed in my life as the omnipresence of good.

AS WE meditate upon the omnipresence of God, we come to the realization that in Truth there is no place for any absence of God, no place for evil to exist. We interpret God's omnipresence as that which makes no provision for any existence of evil. We see that evil cannot share in the omnipresence of God.

In God's omnipresence, there is no place for the evil thought that we may have been holding, no place for the evil deed we may contemplate, no place for anything but His goodness. If we are to cause God's omnipresence to appear in our life, we have to watch our thoughts. We need to see that we do not entertain any belief that anything unlike God can exist in our mind or in our world.

The goodness of God is manifested in your life according to your need. If you need health, then God's goodness is expressed as your health. If prosperity is needed, He becomes manifest as supply. His goodness appears to you according to the mold of your thought.

Thou that art of purer eyes than to behold evil . . . holdest thy peace.—HAB. 1:13.

THURSDAY, DECEMBER 10

In the presence of God within me I find perfect quiet and stillness.

WHEN things of the world disturb you, turn to the presence of God within you. In His presence find the stillness you crave. In Him you will discover a retreat from all noise and confusion. His presence is your sanctuary of perfect quiet.

The stillness of God helps you to still your thoughts. You cannot be disturbed by persons and things of the world when you have found the stillness of God within you. You will have made the great discovery when you find that God in the midst of you has power to take your attention away from things that have appeared to disturb you.

In the stillness of God there is relief from every trying situation. We cannot be disturbed by things of the inner world when we have found the inner world of quiet. Things cannot make us inharmonious when we discover that God in the midst of us has power through His Spirit to fill us with the spirit of quiet. As we live in Him, we find that we live in His stillness.

Shut thy doors about thee: hide thyself for a little moment.—ISA. 26:20.

FRIDAY, DECEMBER 11

The life of God expressing itself in and through me makes me thoroughly alive.

THINK of God as existing at the heart of your being as the fount of life. Realize that you cannot lack life when you are conscious of God's life within you. Your animation and energy depend upon the consciousness that you have within you of bountiful and inexhaustible life.

If you will but realize that you have the very Spirit of life within you, you will be assured of always having abundant life. Your life cannot be decreased or exhausted when you know that it is the life of God. You cannot lack in energy when you realize that you are forever identified with the vitality of Spirit.

Direct your thought today to the life of God. Realize that you are forever one with God and consequently at one with His life and energy. Nothing in all this world can keep you from enjoying the life of God but your own limited belief.

Live near to God in consciousness and you will be close to His life. He will share His life with you. He will cause your life to be quickened. He will increase your consciousness of life.

Christ liveth in me.—GAL. 2:20.

SATURDAY, DECEMBER 12

I now become free from all worry and anxiety and rest in the presence of God.

THEY WHO worry show quite plainly that they do not trust in God, that they have not learned to rest in His presence. Their worry thoughts indicate that they leave God out of their considerations. Their anxiety shows that they believe that the things of the world have more power in their life than God has.

If you would be free from worry, learn to direct your thought to God. Abide in His presence. Give less and less thought to worry and anxiety about persons and things. Place all these, place yourself and your affairs, in the care of God. Give your responsibilities to Him.

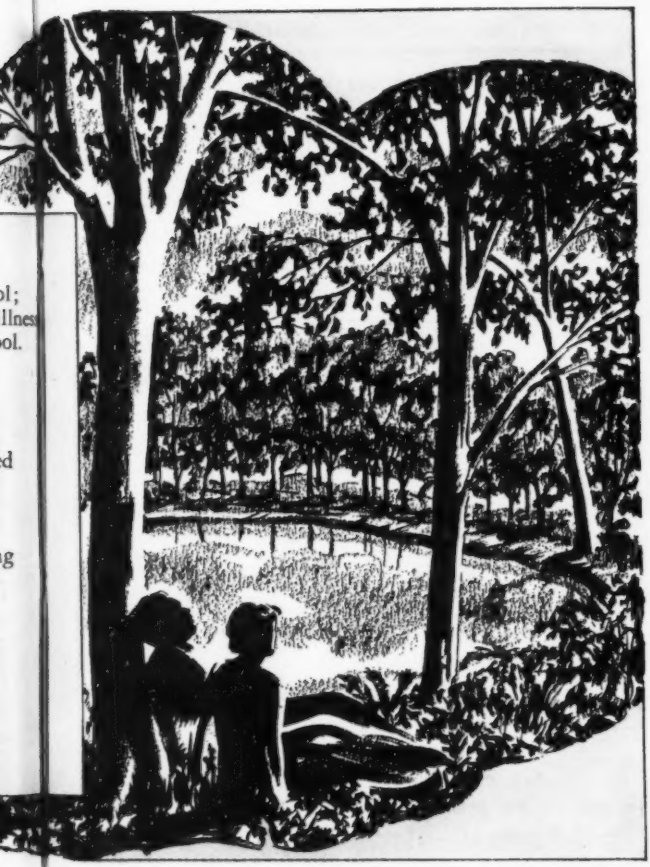
Realize that your freedom from worry dates from this very moment. You are free now. You can never again be in bondage to worry if you trust God and learn to live in His presence. Anxiety can have no place in your world when God has first place. You will find that there is but one remedy for anxiety: trust in God. The presence of God will cause you to realize that in Truth you are mightier than things of the world about you.

I will give you rest.—MATT. 11:28.

THIS QUIET SHRINE

Bonnie Day

Let us be still with calm and inward stillness
    Here by this fern-fringed, forest-shadowed pool;
Here where our haste, like some strange fevered illness
    Is drenched and quenched in quiet deep and cool.
Here let us bring our Father no petition—
    Love is aware of every human need!
Let us instead grant reverent recognition;
    Be still and know that He is God indeed.
The troubled thought drops from us here unheeded
    As lightly, lightly as a falling leaf;
As trees let go of leaves no longer needed
    We here let go of bitterness and grief.
Here while we wait the tides of peace come flowing
    Into our minds; here intuition feels
A presence with us; we rejoice in knowing
    Life that creates, sustains us too, and heals.
Here let the flower of tranquillity
    Unfold its petals in the secret shrine,
Diffuse its fragrance through our days, and be
    A benediction quiet and divine.



SUNDAY, DECEMBER 13

Through Christ I am set free from all bondage and I delight in perfect freedom.

YOU HAVE power through Christ to be delivered from whatever seems to hold you in bondage. The Christ consciousness sets you free. No person or thing can enslave you when you realize this truth. You cannot be bound to sin, evil, fear, disease, and misfortune when you realize your freedom in Christ. You cannot be in bondage to any thought of adversity when in your heart of hearts you have found your absolute freedom.

Do you see that your freedom must come through Christ, through your own inner realization of freedom? You must realize that you have the power of freedom within you and that nothing in the world about you has power to bind you to limitation.

Abide this day in freedom. Let no thought of limitation and bondage enter your mind. Rise to the high consciousness in which you know that you are absolutely free. Realize that the unlimited and unqualified freedom of Christ is now yours.

For freedom did Christ set us free: stand fast therefore, and be not entangled again in a yoke of bondage. —GAL. 5:1.

MONDAY, DECEMBER 14

Finding the presence of God within me,
I find heaven and live therein.

HEAVEN is the consciousness of perfect harmony. When we find God and discover that we live in His presence, we find heaven within and about us. Through God we learn to live in heaven. Nothing of unheavenly aspect in the world can command our attention when we realize that we live in the presence of God.

The external world will lose whatever of satanic character it may present to you when you learn to abide in heavenly consciousness. You have power to transform your world by your heavenly thought. You can cause your whole life to become heavenly through your consciousness of heaven.

Live this day in the conscious realization that heaven is present here and now. See yourself living in heaven. Keep out of your mind every thought that is unheavenly in character. Live in the consciousness that you have found heaven and made yourself a part of it.

God ever abides in His heaven and invites you to enjoy it with Him. Through His grace you are drawn to heavenly blessings.

The kingdom of heaven is at hand.—MATT. 4:17.

TUESDAY, DECEMBER 15

The Truth of Christ now implanted in my consciousness gives me a standard for all my thinking.

WOULD YOU like to react to all situations through Truth? Then let Truth be the standard of your thought, speech, and deeds. Let the Truth of Christ implanted in your consciousness be your chart and compass.

The Truth of Christ sets us free from all that is false, erroneous, and untrue by His standard and teaching. Christ saves us from adversity when He shares His Truth with us. He is our deliverer from sin, evil, fear, disease, and adversity. His Truth corrects our thought and we see all things in a new light.

The Truth of Christ implants in our consciousness that which is an antidote to error, that which neutralizes adverse belief. When we think in terms of Truth, we align ourselves with the power of Truth, the power of Christ.

Our thought today is an affirmation that steadies us in Truth. Faithfully used, it will act as a challenge to every thought, word, and deed.

Guide me in thy truth, and teach me.—PSALMS 25:5.

The joy of the presence of God frees me from all heaviness and I am filled with joy.

THOSE WHO feel that they need joy really feel a need for God. Their thought directed toward things that sadden them is likewise directed away from God. They know not the presence of God, and His absence from their life becomes the absence of joy to them.

When you feel heavy and depressed, correct your thought. Think of the joy of knowing Truth, the joy of having the presence of God within you, the joy of knowing that through Him you are victorious over all things of the world. You can see that these realizations alone should free you from all tendency to be sad and depressed.

Live today in the consciousness that your joy is centered in God. Know that things can no longer take your joy from you. Realize that you live in a consciousness of joy that can know no lapse, no change.

The joy of God is the joy of your own indwelling Spirit.

To give unto them a garland for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness.—ISA. 61:3.

The mind of God in me now disciplines and corrects my thinking and I think Godward.

AS WE meditate upon the mind of God, we discover that in Truth there is only one mind, only one spiritual consciousness, only one God. We know that thoughts contrary to Truth and God have no place in the mind of God; consequently we say that in Truth there can be no mind other than that of God.

The mind of God is Truth in action. Truth is but latent until it becomes active as thought. Were there two minds, Truth would find opposition. We speak of God as being a jealous god in the sense of not permitting an opposite to work against Him.

Keep your mind filled with thoughts of God and you will soon know that you think with the mind of God. You will discover that your spiritual thought is unified with all spiritual thought. You will find the great universal mind.

Cease to think evil and adversity. These have no place in Divine Mind or in spiritual consciousness. Only the thoughts of God are real and true and enduring.

We have the mind of Christ.—I COR. 2:16.

The power of God implanted in me gives me power and authority over every situation in my life.

IF GOD had a rival in power, there would be power in evil, fear, disease, and failure. If God recognized such a power, we should be unable to escape from it. Our salvation lies in the realization that in Truth there is only the power of good.

When an adverse situation presents itself, ask yourself this question: Does God recognize this as having power? If you can see that the situation has no power in the sight of God, you can see its powerlessness to affect you and your life. If you can see that the power of good is at work to defeat the situation and give you a blessing instead, your work has been well done.

Live today in the conscious recognition that in Truth there is only the power of good. Never admit to your consciousness any belief that evil has power. To do so would be to say that God is evil. The only power there is is the power of God now convincing you of your own power through Him. God alone has power in your life to make you powerful.

With authority he commandeth even the unclean spirits, and they obey him.—MARK 1:27.

The light of God shining at the heart of my being is the light of my understanding in all things.

DO NOT think of yourself as lacking in intelligence, wisdom, and understanding. As the child of God you are the child of light. In His sight you cannot be ignorant or be in the dark. You abide forever in the light of His understanding. As His son you know all things.

The light of God is the light that gives you inspiration and revelations. When you abide in spiritual consciousness, you know what God knows. Whatever is required of you, whatever information you seek, is to be found in your own higher understanding. You must come to know that there is no understanding apart from God.

Abide in the wisdom of God. Let His wisdom be focused upon every situation in your life. Learn to live according to His light, the light shining within you. You will find that God guides and governs you solely through your own knowledge of His light.

Your own higher intelligence is your glimpse of God's wisdom. In this intelligence, there can be no lack of wisdom.

Jehovah God is a sun and a shield.—PSALMS 84:11.

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

December 20 to January 19

Illumination

Divine justice and judgment are enthroned in me, and I know the way.

Healing

Thy perfect plan of bodily perfection is now made manifest in me.

Prosperity

I delight to meditate on Thy Spirit of plenty, and I am prospered in all my ways.

SUNDAY, DECEMBER 20

The healing presence and power of God within me now lifts me to the consciousness of my own health.

HAVE YOU realized that God ever abides within you as your own health against which no belief in disease can prevail? Have you come to the realization that the healing presence and power of God is really your own power to heal? Have you found that in Truth there is neither presence nor power in disease, since God is all in all?

The belief in disease is neutralized when we realize that God within us is the presence and power of health. We cannot be diseased when we realize that disease has no presence and power in the sight of God. We express health when we realize that God within us is expressing Himself.

If you would experience spiritual healing, turn to the Spirit of health. This means turning away from all belief in disease. It means keeping your thought upon Spirit and health. You will find that only health can exist in your body when there is only the thought of health in your mind.

Jehovah will take away from thee all sickness.—DEUT. 7:15.

MONDAY, DECEMBER 21

Prosperous ideas in my consciousness now direct me to my prosperity and cause it to appear in abundance.

IF YOU would be prosperous, you must see to it that your mind is filled with thoughts of prosperity. It can be drawn to you only when it feels the drawing power of your consciousness. Your prosperity depends upon the extent to which you can rise out of all belief in lack and can keep your thought centered and established in the truth about prosperity.

Prosperous ideas are magnetic in quality. They draw blessings to you. You cannot be impoverished when you have the consciousness of prosperity, when prosperous ideas fill your mind. These ideas draw to you the blessings that you seek. Nothing can be withheld from you when you entertain prosperous ideas.

Today's lesson challenges us to drop thoughts of lack from our mind and to take hold of the blessings of God. We use a prayer for supply and find that in return our every need is supplied.

The Almighty will be thy treasure,
And precious silver unto thee.
—JOB 22:25.

Christ helps me to forgive and I am able to forgive readily and thoroughly.

PERSONS who have difficulty in forgiving others must turn to the forgiving power of Christ. They must find in Christ the ability to forgive thoroughly. They will find that through His power they can release from mind the thought that has delayed forgiveness.

If you will think of the Christ abiding within the one you should forgive you will not have any difficulty in rising out of negation when you seek to forgive. Let the Christ in you salute the Christ in him. Rise out of any thought of accusation or offense and abide in the realization that all is forgiven.

The forgiving power of Christ knows no challenge or defeat. Nothing can withstand His forgiving power. There is no situation too difficult for Christ. When we are willing and ready to let His forgiving power act through us, we are sure of our power to forgive. We know that when Christ through us forgives there remains no memory of what has been forgiven. The forgiving power of Christ leaves no stain or scar.

Whatsoever thou shalt loose on earth shall be loosed in heaven.—MATT. 16:19.

WEDNESDAY, DECEMBER 23

My body as the temple of God, filled with His presence, now shows forth His perfection.

WHAT DOES your body represent to you? Do you think of it as material and physical, bound and limited by material and physical laws? Do you think of it as the habitation of impurity and disease? Do you think of it as subject to negative and adverse forces of the external world?

Think of your body as God's temple. Realize that He abides within you as the presence of perfection, life, and strength. Know that His presence excludes all imperfection, weakness, and disease. His presence proclaims your body as a holy temple.

The temple of God given to you to use carries with it the knowledge of how to keep it clean and healthy. You are not to desecrate it by thought or deed. You are to realize that you have a sacred trust to keep.

When you think of your body, think of it as God's temple. Realize that God's Spirit abides within it and it takes on the character of Spirit.

The temple of God is holy, and such are ye.—I COR. 3:17.

THURSDAY, DECEMBER 24

Through the generosity of Spirit I give freely and receive thankfully.

THINK of every good that you receive as coming from God. Know that every gift passed on to others is from the hand of God. In thinking of giving and receiving in an impersonal sense, you are able to feel the wisdom and love of God in the gifts you handle.

A gift without its spiritual blessing is barren. It lacks something that should be characteristic of every gift. It lacks the blessing of God so necessary to change a material thing into something spiritual and holy. Spiritual gifts carry with them understanding and love. They are but the mediums through which God's understanding and love are conveyed.

Bless every gift that you handle with the thought that not you but God gives the gift. See God pouring into His gift that which is especially necessary in order that the recipient may be blessed. Know that he who receives a gift from your hands receives a far greater gift from the heart of God. Realize that when you give, God gives through you, blessing both you and the one to whom the gift is given.

Give, and it shall be given unto you.—LUKE 6:38.

FRIDAY, DECEMBER 25

The Christ in me now appears as a tangible reality to bless me in all my ways.

NEVER think of Christ as existing in the past, as apart from you, as something unrelated to your own life. Christhood was bestowed upon the man Jesus because of His spiritual consciousness. Jesus shares His Christhood with us when we rise to that high consciousness in which we are able to see our Christliness as reality.

Think of Christ as coming forth in your life as holiness dispelling all sense of evil. Think of Christ as being born within you. Think of your Christ nature as that portion of you which comes from heaven, making you spiritual and Christlike. Think of Christ as being formed within you in order to vanquish every form of adversity in your life.

Dedicate this day to Christ. Think often of Him, always remembering that He abides within you, that He is ever at hand to bless you, that He fills your world with Himself, that He inspires you to know that in Truth there is naught but Himself and only that of you which is spiritual and holy.

Let the vision come to you today that through Christ you take command of your world.

Christ be formed in you.—GAL. 4:19.

SATURDAY, DECEMBER 26

I am indeed thankful for every evidence of the goodness of God that appears in my life.

LET US make today a day in which we express our appreciation and gratitude for the many blessings that have come to us. Let us count our blessings over and over until we are certain that none has escaped our attention. In this way we shall help to build up a consciousness of being thankful.

The thankful person is sure to attract many blessings to himself. His ability to give thanks acts as a magnet to draw to him even greater blessings. He finds that through giving thanks he has more and more for which to be thankful. He discovers that there is a psychological law by which his thankfulness causes more and more blessings to appear.

Our lesson today aims to lift us to the realization where we find that we must be appreciative of our every good. We discover that our gratitude is rewarded by ever-increasing good. We see that our good tends to increase as we develop the consciousness of gratitude.

I will give thanks unto Jehovah.—PSALMS 7:17.

SUNDAY, DECEMBER 27

The Spirit of God ever infolds and protects me, and I go forth this day certain of its protection.

THE SPIRIT of God is mighty to protect you from all harm. His Spirit is your sanctuary of salvation and protection. When you are conscious of His presence, you realize that He protects you from all danger. He is at once your deliverer from all sense of evil.

Do not go through life believing that things of the world can endanger you. Do not think of other persons as having power to harm you. Live in the consciousness that the Spirit of God within and about you is mighty to save and protect you. If you will but get the clear realization of this, you will not need to give further thought to it.

You will get the consciousness of protection when you realize that in God's world there is no harm. When you lift your eyes to the vision of His world of good, you will see that danger cannot exist for you. You will find that the Spirit of God protects you first by clearing your mind of all belief in danger.

Under his wings shalt thou take refuge.—PSALMS 91:4.

When I pray I become conscious of my oneness with the Spirit of God through whom my blessings come.

PRAYER is the means we use to identify ourselves consciously with God and to realize that we are one with the blessing we need and seek. By prayer we become conscious of our spiritual nature and find that through it we are unified with God. Prayer serves to make us remember that we are interrelated with God and with the good we desire.

When you pray for health, do not enter into an attitude of mind in which you think of yourself as begging for something. By prayer you are to become conscious of God's presence and the presence of the gift you seek. Prayer is entirely affirmative and positive. When you become negative and doubt whether or not God will answer your prayer, you work at cross-purposes with prayer.

Find time during the day to pray. Wherever you are, you can give a few moments to realizing that God is present, convincing you of His goodness and blessings. From early morning until late at night you should find time to turn in thought to God.

The prayer of faith shall save him.—JAMES 5:15.

TUESDAY, DECEMBER 29

This day I recognize the great universal unity of Spirit and know that I am one with God and all good.

THE PURPOSE of our lesson today is to free our mind from all belief in separations and differences. Our thought is turned to spiritual unity in which we see ourselves united to God and all good. We come to realize that in Truth we cannot be separated from God. We find that in the great universal unity of Spirit we are identified with only that which is pure, good, high, and noble. We find that in Truth we cannot be unified with aught that is unlike God.

Many persons live an unhappy life because through their belief they identify themselves with that which brings misfortune. They need to learn through Truth to identify themselves with Spirit and spiritual things. They need to cease to think of being identified with evil and to unify themselves with good.

Universal Unity declares our oneness with God and also our oneness with all good wherever it is found. If we are identified with God we are one with all good also.

The Lord is *with thee.*—LUKE 1:28.

The presence of the Spirit of Christ within me lifts me above every adverse condition and I realize that I am exalted through Christ.

WHEN things of the world seem to cast you down, turn to the exaltation of Christ. Find His Spirit within you as the very spirit of exaltation, that which is mighty to lift you up. Be exalted through realizing that you have within you the Spirit of Christ.

Never think that persons and things of the world have power to belittle you or to humiliate you. Instead think of Christ within you as having power to lift you up. Think of Him as ever exalting you to Himself. Realize that through spiritual consciousness you become lifted up to a height at which you know that things have no power over you.

The presence of Christ is ever abiding within you to inspire you and to exalt you. You have but to turn to Christ in order to feel His exaltation. You need but feel His Spirit within you in order to know that things about you cannot cast you down. The Spirit of Christ within you is now exalting you to high heaven.

Arise, shine.—ISA. 60:1.

THURSDAY, DECEMBER 31

My spiritual vision is now quickened and I see all persons and all things from the standpoint of Truth.

TODAY we are to give up unfavorable preconceived opinions of other persons. We are to give up old views that are limited in scope. We are to see all persons and all things from the standpoint of Truth. We are to see things as God sees them, through our quickened spiritual vision.

Behold the good all about you. Look with your clarified vision upon all things and behold in them only that which is of God. Dedicate your vision to Spirit and feel that you are compensated by spiritual vision.

Do not take the attitude that you cannot see, that your eyes are faulty. Know that in Truth you have perfect vision, that your eyes are blessed by God, that you are quickened to see all things from the standpoint of God.

Look upon all persons and all things as existing in Spirit. See in them that which is of Spirit.

Look, ye blind, that ye may see.—ISA. 42:18.

(Unless otherwise credited, all Bible quotations are taken from the American Standard Version, copyright, 1929, by the International Council of Religious Education.)

Gift SUGGESTIONS

■ This year why not approach the holiday season without hurry and confusion by letting Unity help you with your Christmas shopping. First, consider the Unity periodicals—there is one for each of your friends:

UNITY DAILY WORD is for your friend who likes a definite spiritual program for each day.

UNITY is deeply metaphysical, so it should go to one who is an advanced thinker.

WEEKLY UNITY is so simple and practical that it is acceptable to any one, though he may never have studied Truth before.

GOOD BUSINESS is for executives, employees, and professional men and women who have business problems to solve.

PROGRESS will delight any one over fifteen years of age. It gives out Truth ideas in stories, articles, and interviews with well-known, successful people.

WEE WISDOM is the children's magazine. It is crammed full of things that boys and girls enjoy, and at the same time its stories impress them with the value of right thinking and right acting.

The Unity periodicals are all priced the same—$1 for a year's subscription. Your gift of a Unity periodical to a friend (an adult) who is receiving it for the first time includes our gift of **The Unity Viewpoint**, a booklet that explains Unity terms and methods.

Books for Gifts

Unity now has eighteen books from which to choose your Christmas gifts. Two favorites with **Unity Daily Word** readers are its editor's books **Open Doors** and **Mightier than Circumstance.**

OPEN DOORS contains a message of inspiration for one who feels that he is in any way barred from the joys of life. It shows how to find peace, health, and happiness.

MIGHTIER THAN CIRCUMSTANCE brings the assurance that nothing can limit or disturb one who is conscious of the presence and power of God. It offers the reader new courage and stimulation.

OTHER BOOKS

Four of our books are new this year: **Mysteries of Genesis** and **Prosperity**, by Charles Fillmore; **Letters of Myrtle Fillmore**, the only book that contains Mrs. Fillmore's writings; and **Have We Lived Before?**, by Ernest C. Wilson, a book on reincarnation. Familiar titles are **Lessons in Truth, Christian Healing, All Things Made New, Miscellaneous Writings, Lovingly in the Hands of the Father, Master Class Lessons, Talks on Truth, The Twelve Powers of Man, Usable Truth, Truth Ideas of an M. D., What Are You?**, and **Working with God.**

All these books come in cloth binding, priced at $1 a copy.

any six for $5

All except **What Are You?** and **All Things Made New** can be obtained in lovely flexible binding at $2 each, and make especially desirable gifts.

Additional Suggestions

A gift that for beauty and utility cannot be surpassed is the Nelson Teachers' Bible (American Standard Version), which has large, readable type, a concordance, and other helps. Bound in beautiful black keratol, it is priced at $4.50.

To your friend who makes a practice of studying the Bible the **Metaphysical Bible Dictionary** would be a prized gift. Its value as a reference work is beyond estimate, and in its rich brown fabrikoid binding, with gold lettering and gilt edges, it is a book of striking appearance. It is priced at $10.

Greeting Booklets

Have you ordered your supply of greeting booklets? To those already in demand we have added two new ones:

WHAT CHILD IS THIS?, a real Christmas story with an Old World setting.

THE GREAT HELPER, which shows you how to give up fear and worry and let God direct your life and affairs.

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FOUR OTHER FAVORITES

TWENTY-FOUR GOLDEN HOURS— in which a girl finds peace and joy.

THE SONG OF LIFE—a practical interpretation of the 23d Psalm.

HOLY BREAD— the story of a good deed multiplied.

WHERE BLESSINGS BEGIN— in which a woman gets a new slant on life.

These booklets mean more than a card that merely says "Merry Christmas." They cost no more than cards and are equally attractive. With each booklet comes free a mailing envelope bearing a holiday design. Put a one-cent stamp on it, which is all the postage it requires. Order twenty of these booklets for only $1; in smaller lots the price is 10 cents a copy.

New Announcement Cards

To every person who receives a Unity gift we send one of our new, attractive Christmas announcement cards.

If you like, we will mail your gifts direct to your friends. We will do them up in Christmas wrappings, and the card will bear your name as the sender. To make sure that your friends will receive their gifts on time, please send your order in as early as possible. Your promptness will be a help to us too.

A CHRISTMAS THOUGHT GIFT

By RUTH YOLAND SHAW

On His birthday
This little thought gift
I would offer all
Who tread earth's way:

Think not the star
That radiantly shone
Two thousand years ago
Has dimmer grown;
Christ waits to set today
His star, His light, ashine
Before the veil of gray
That outer senses twine
About the eyes of mind;
And all the tidings glad
Of love and peace and hope
The shepherds heard
Await the ear that hearkens
Unto Spirit's word.

Upon this little thought gift
Ponder well, I pray;
'Tis offered in fond greeting
To your holy self's birthday.